

START HEALTHY STAY HEALTHY

2010 FIRE/EMS SAFETY, HEALTH AND SURVIVAL WEEK JUNE 20-26

CARDIOVASCULAR FITNESS



It has been said that firefighters expend as much energy during a major emergency as the players in a football game, if not more. This assertion is supported by many studies that demonstrate the need for and benefits of high levels of physical fitness in the fire service.

The sedentary hours firefighters may spend in the fire station may be as hazardous for them as fighting the fire. A major reason for firefighters high

risk of heart attacks may be that they get little or no exercise while on-duty or neglect to perform while at home. The sudden, intense energy demand that is needed to fight a fire is what puts the firefighter who is not in good physical condition in grave danger. A firefighter's lack of physical fitness can be viewed as a matter of public safety as well as one's individual health.

Nothing is more important to overall health and fitness than cardiovascular or aerobic training.

Cardiovascular exercise improves the ability of the lungs to provide oxygen and the heart and vessels to supply blood to the tissues. This type of fitness largely determines your ability to participate

in vigorous physical activities for extended periods of time.

To increase your cardiovascular fitness, you must undertake a regular program of sustained aerobic exercise. Criteria must be met with frequency, intensity, time, and type to be effective. The most effective exercises for producing an improvement in cardiovascular fitness are those that are performed continuously while using large muscle groups. Activities that meet these criteria include jogging, brisk walking, cycling, stair climbing, jumping rope, aerobics, cross country skiing, swimming, rowing, etc.

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WHAT IS CHOLESTEROL ?

- a fat-like substance in your blood stream and in all you body's cells
- Too much cholesterol in the blood is a major risk for coronary heart disease and stroke.

HDL = good cholesterol

High HDL levels help prevent heart attacks by removing plaque buildup on the artery walls

LDL = bad cholesterol

High LDL levels increase the risk for heart attack and stroke. Together with other substances, can form plaque that can narrow the arteries.

Triglycerides = a form of fat.

High triglyceride levels can be associated with obesity, inactivity, cigarette smoking, drinking excess alcohol, and eating large amounts carbohydrates.

Cholesterol scale

Total Cholesterol <200

LDL <100

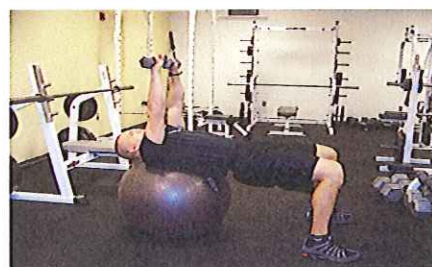
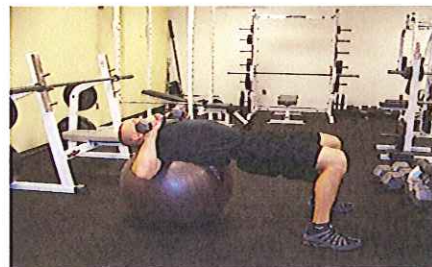
HDL >40 for men

>50 for women

DUMBBELL PRESS ON BALL



1. Grab a pair of dumbbells and lie on your back on the ball, with your feet flat on the floor and your head slightly higher than your chest.
2. Hold the dumbbells outside your shoulders with your palms facing the ceiling. Pause, then slowly lower them to the starting position.
3. During the push be sure you don't let your hips drop towards the floor.



CHEST AND FRONT SHOULDER STRETCH

**USE THIS
STATIC
STRETCH
AT THE END
OF YOUR
WORKOUT**



1. In a standing position, clasp your hands behind your back.
2. Slowly extend your hands up and back until you feel mild discomfort, and no further
3. Normal breathing pattern should be maintained during stretching, do not hold breath
4. Hold for 20-30 seconds 2-3 sets

OFF-THE-FLOOR TRAINING FOR THE CORE



DUMBBELL LUNGE & LIFT

Lower down into a lunge position holding a dumbbell in the left hand.

Come all the way up to a balancing position by standing on the left leg and lifting the right knee up to waist level. Simultaneously lift the weight up overhead. Return to starting position. Do 12-15 reps and repeat other side.



TIPS FOR HEALTHY COOKING

- Preserve the nutrients and colors in veggies. Cook them quickly by steaming or stir-frying
- In baking, use plain fat-free or low-fat yogurt or fat-free or low-fat sour cream.
- Another way to decrease the amount of fat and calories in your recipes is to use fat-free milk or 1% milk instead of whole or 2% milk.
- Use herbs, vinegar, tomatoes, onions and/or fat-free or low-fat sauces or salad dressings for better health, especially if you have high blood pressure or high cholesterol
- Prepared seasonings can have high salt content and increase your risk for high blood pressure. Replace salt with herbs and spices or some of the salt-free seasoning mixes.
- A smoothie can cover a multitude of needs. Throw a banana into your blender along with frozen berries, whatever fruit is around, some fat-free or low-fat yogurt and protein powder.
- Prepare muffins and quick breads with less saturated fat and fewer calories. Use 3 ripe bananas (mashed) instead of 1/2 cup butter



APPLE BRAN BREAKFAST SHAKE

WHAT YOU NEED:

- 2 cups skim milk
- 1/4 cup All Bran cereal
- 1/4 tsp cinnamon
- 1/2 tsp vanilla
- 1 medium apple sliced

Freeze 1 1/2 cups of the milk in a cube tray overnight

Put the bran, cinnamon and apple into blender, add the remaining 1/2 cup of milk

Blend for 20 seconds

Continue blending while slowly adding the frozen milk cubes one at a time

Serving Size: 1 glass

of Servings: 1

Calories: 261

Total Fat: 1g

Sodium: 320mg

Total Carbohydrates: 52g

Fiber: 11g

Protein: 17g



HEALTHY FAST FOOD CHOICES

Mexican chains

LESS HEALTHY CHOICES

1. Crispy shell chicken taco
2. Refried beans
3. Steak chalupa
4. Crunch wraps or gordita-type burritos
5. Nachos with refried beans
6. Adding sour cream or cheese

Mexican chains

HEALTHIER CHOICES

1. Grilled chicken soft taco
2. Black beans
3. Shrimp ensalada
4. Grilled "fresco" style steak burrito
5. Veggie and bean burrito
6. Limiting sour cream or cheese

Remember....

Eat slowly, split a meal and avoid all you can eat buffets !!!!!!!



UPCOMING
EVENTS >>>



Roanoke County Fire & Rescue
Fitness & Wellness

Looking to try something new? How about signing up for a race? Contact your peer fitness trainer to help start your program and reach your goals to better health.

DATE	RACE	LOCATION
July 3rd	Race for the Kids 5k and 1 Mile Fun Run/Walk	Roanoke, VA
July 17th	Commonwealth Games 5k	Roanoke, VA
August 14th	Health Focus City of Salem 5k & 10k	Salem, VA
August 21st	14th Annual Fab 5k at Green Hill Park	Roanoke, VA
October 9th	Vinton Fall Festival 5k Run / Walk	Vinton, VA
November 20th	Star City Half Marathon	Roanoke, VA
November 25th	Drumstick Dash 5k	Roanoke, VA
December 11th	Jingle Bell Run for Arthritis 5k	Roanoke, VA

CARDIOVASCULAR FITNESS



Many people labor under the myth that cardiovascular fitness is all about sitting on a machine for hours on end pedaling nowhere. This is true, although many people do enjoy using cardiovascular machines such as exercise bikes, treadmills or stepping machines. However, cardiovascular exercise is really any activity which increases your heart rate efficiently

Depending on your age, and current level of fitness it is possible to calculate your optimum heart rate for physical exercise. Whether running, cycling, going up and down stairs, using a

machine, skipping or even just playing football with the children, if it increases your heart rate for at least 20 minutes, you will be benefiting in so many ways.

As well as helping to lower cholesterol, lower blood pressure and increase bone density and strength, cardiovascular fitness ensures a lower risk of heart disease, can decrease the risks of some cancers, and helps beat depression and anxiety. Not only that, but as a way of losing weight, when coupled with healthy eating, it is a great way to stay in shape and look as great as you feel.

REFERENCE: FIREHOUSE.COM

RISK FACTORS FOR HEART DISEASE:

Smoking, high LDL and low HDL, high blood pressure, sedentary lifestyle, obesity, diabetes, high C-reactive protein, and uncontrolled stress and anger.

Do you have any of these risk factors? If

so, it's time to do something about it.

DON'T WAIT FOR THAT WAKE UP CALL

Contact me to START HEALTHY and STAY HEALTHY !!!!!

In Good Health,

David Jones

